



## TEACHERS' WORK-TO-RULE

# Why are they not talking?

metroNEWS

# Halifax metro

VICKY MOCHAMA:  
Migrant workers —  
exploited by  
employers and  
government  
metroVIEWS



Your essential daily news | WEDNESDAY, JANUARY 4, 2017

High 8°C/Low 3°C Rain ☔

Laura MacLeod, owner of  
The Old Apothecary, works on  
a pie crust Tuesday morning.  
JEFF HARPER/METRO



## HISTORY IN THE BAKING

Halifax baker wants  
recipe ideas from  
across the country  
to mark Canada 150  
metroNEWS

## Four people found dead inside home

UPPER BIG TRACADIE

**RCMP say  
there is no risk  
to the public**



**Philip  
Croucher**  
Metro | Halifax

Police in Nova Scotia have made a grisly discovery with the bodies of four people being found inside a home.

The RCMP say they were called to a residence in the rural community of Upper Big Tracadie in Guysborough County around 6 p.m. Tuesday.

"Upon arrival officers located four deceased individuals inside a residence. Based on the preliminary investigation the RCMP want to advise there is no risk to the public," a police statement read at 9:40 p.m.

In an interview a short time later, RCMP spokeswoman Cpl. Jennifer Clarke said it's a "developing" and "complex situation" and that more details would be released when they became available.

She said she didn't know the age or gender of the victims, only that four bodies were found inside a residence.

"I can say for certain there is no concern for public safety right now," she said.

The RCMP were on scene all of Tuesday night as the investigation continued. More information was expected to be released on Wednesday.

Upper Big Tracadie is about 40 minutes outside of Antigonish and is a predominately black community. According to the province's website, 85 per cent of the community is made up of people over the age of 65.

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## Income gap a 'moral crisis'



**Haley Ryan**  
Metro | Halifax

The growing wage gap between CEO's earning millions each year and Nova Scotians is a "moral crisis" that could be helped with a higher minimum wage, says one opposition leader.

Citing a report released Tuesday on the 100 highest-paid CEOs in Canada, NDP Leader Gary Burrill said it's "unacceptable" the CEO of Emera collects \$4.3 million annually while areas in industrial Cape Breton have a child poverty rate of 43 per cent.

"What normal, moral, sensible person could do anything when looking at that but say, 'Something here is awfully wrong,'" Burrill said.

Throwing Money at the Problem: 10 Years of Executive Compensation, released by the Canadian Centre for Policy Alternatives, found the average income of the top CEOs in Canada was \$9.5 million. The average income for Canadians is \$49,510.

Burrill said there's "a lot" the province can do to make life easier for people, starting with raising the minimum wage to \$15 an hour, which would benefit more than 130,000 residents.

Increasing social assistance so families wouldn't have to rely on food banks is another step the province could take that would cost about \$18 million, Burrill



**We have the capacity to do something about it.**

NDP Leader Gary Burrill

said, not far from the \$22 million the province gave RBC in payroll rebates.

Directing funds away from private companies and towards rais-

ing social assistance and the minimum wage could make a "dramatic dent" in financial suffering, Burrill said.

"We have the capacity to do something about it. We know what to do," he said.

"We're committed ... towards a \$15 minimum wage in order to address this exact moral crisis."

**P. 6: WHAT CANADA'S TOP CEOs MAKE**

LENA DIAB

## Minister's husband charged with assault

The husband of Nova Scotia's immigration minister has been reportedly charged with assault.

Halifax police said Tuesday that 58-year-old Maroun Diab was arrested early New Year's Day after they received a call shortly before midnight from Immigration Minister Lena Diab's family home on Houde Court in Halifax.

They say Maroun Diab was in Halifax provincial court Tuesday on charges of assault, overcoming resistance to commission of offence (choking) and three counts of uttering threats. Police refused to confirm a CBC report that Lena Diab was one of the alleged victims. The CBC said Lena Diab was among those named in court information.

Const. Dianne Penfound said Halifax police received a report of an "assault not in progress"

at the home, on a cul-de-sac near Mt. St. Vincent University, at 11:59 p.m. on Dec. 31.

"A 51-year-old woman said she was assaulted by a man known to her and that he had left the residence in a vehicle," said Penfound.

Maroun Diab was arrested "without incident" about 35 minutes later in a traffic stop near Quinpool Road and Armview Avenue, she said. Lena Diab did not return a phone call Tuesday.

Diab, a lawyer and business owner, was appointed Nova Scotia's first female justice minister after winning office in October 2013 in a Halifax-area riding. A Nova Scotia native who moved to Lebanon at the age of two, she returned to the province nine years later to escape civil war, according to her official biography. THE CANADIAN PRESS



On Tuesday police tape surrounded the Chebucto Rd. home that was set on fire. JEFF HARPER/METRO

## Family flees home after arsonist attack

FIRE

### Man threw incendiary device into west-end home



**Philip Croucher**  
Metro | Halifax

An arson investigation is underway after a couple and their two sleeping children were forced to flee their home after someone threw an incendiary device at a home in west-end Halifax.

The fire happened at 6836 Chebucto Rd. around 11:30 p.m. Monday and saw flames roaring out the front windows. Halifax

Regional Police say a man drove up in a car, threw the incendiary device at the two-storey house, and then fled down Quinn Street.

"Some weren't even wearing shoes," Canadian Red Cross spokesperson Dan Bedell told Metro of those inside. "They had to flee in a hurry."

Halifax Regional Police spokesperson Const. Dianne Penfound said a witness saw a white man get out of a white sedan and throw the device at the home. The case is being investigated as arson.

Const. Penfound said she could not provide details about the nature of the incendiary device, given that such information would be considered key evidence.

A couple and their children,

a 12-year-old girl and 7-year-old boy, lived in the bottom floor of the home, Bedell said. The children were sleeping at the time.

The family doesn't have tenant insurance and is now staying at a local hotel through the help of the Red Cross, which is also providing food, blankets and other personal-care items.

An upstairs tenant, who was away at the time, was also displaced.

Heidi Cleary, who lives next door, said she was startled awake by her neighbour's barking dog, and the sudden arrival of a fleet of police cars and fire trucks.

"It's awful to know that happened right here in the neighbourhood," she said.

Cleary, who has lived in the neighbourhood for just under a

year, said she didn't know the family or the other tenant, but she said they never attracted attention.

"I certainly didn't hear any loud parties or craziness happening over there. Not a peep," she said. "Still, it's a little nerve-racking."

A few doors down on Quinn Street, resident Cathleen MacDonald said she and her children were stunned to see "flames gushing out of the house," and she, too, confirmed the neighbourhood is typically a quiet one.

However, MacDonald said she had spotted police cars near the residence "from time to time" over the past six months.

"I wondered if there was some kind of ongoing issue," she said.

WITH FILES FROM THE CANADIAN PRESS

## Police 'monitoring' as pot shop reopens

A Halifax marijuana dispensary has re-opened after being raided last week, and police aren't ruling out further charges.

"While our officers use discretion for situations involving individual possession of marijuana, we'll continue to address drug trafficking in our community," Const. Dianne Penfound said Tuesday.

Four people were arrested

when Auntie's Health and Wellness Centre was raided Friday, but a spokesperson confirmed the store has opened its doors again, reportedly with the help of volunteers.

Penfound said they received a number of complaints about Auntie's prior to last week's raid and were "obliged" to investigate. Now that it has re-opened, she said, they are monitoring the

business and the investigation is ongoing.

"Given that we're in the midst of a change in the regulatory environment on marijuana, we are monitoring the situation and will look at each marijuana storefront on its own merits," Penfound said.

Ottawa is expected to table legislation in the spring to legalize marijuana, but Prime Minister

Justin Trudeau said last month the current law governing cannabis will stand until new legislation is ratified.

Shirley Martineau, the 66-year-old owner of Auntie's, and three men were charged with possession of marijuana and cannabis resin for the purpose of trafficking. She also faces an additional charge of cultivation of marijuana. THE CANADIAN PRESS



# No new talks scheduled in teachers' work-to-rule

## EDUCATION

**Expected to resume this month, but no date confirmed**



**Zane Woodford**  
Metro | Halifax

School is back in session, but there seems to be little sense of urgency to efforts to end Nova Scotia teachers' work-to-rule job action.

Talks between the Nova Scotia Teachers Union (NSTU) and the province to settle their ongoing labour dispute are expected to begin again this month, but exactly when is unknown.

In an email to Metro on Tuesday, provincial labour department spokeswoman Lisa Jarrett said the provincially appointed conciliation officer "has been in touch with both parties and the parties are currently exploring dates for future meetings in January."

NSTU spokeswoman Angela Murray said she had heard the conciliation officer was looking at dates, but that's about it.

"I'm assuming it's for sooner than later, but we don't have any confirmed dates yet," Murray said.

Until talks get back underway, Murray said work-to-rule will continue.

That means school sports teams will continue to sit on the sidelines, waiting to start or complete their seasons.

Nova Scotia School Athletic Federation (NSSAF) execu-



Students rally to support teachers last December in Halifax. JEFF HARPER/METRO



**I think the hopes are that things are resolve because kids wanna play, represent their school, and play high school sport.**

Stephen Gallant

tive director Stephen Gallant said Tuesday that basketball, hockey, wrestling, curling, and skiing and snowboarding (weather permitting) would all be going on right now. Competitive cheerleading would usually start this Friday, and then a few other

sports start their seasons in February.

For now, most of those sports have only missed about a week's worth of games and practices, so Gallant believes their seasons are still salvageable.

"There's going to have to

be a decision about a date when we won't be able to rescue a season," he said.

"We're not there, but we're going to have to make those decisions fairly soon about what is that drop dead date."

Gallant said sports are "heating up" right now, so if nothing changes by the end of this month, "we will be having a different conversation."

"I think the hopes are that things are resolved because kids want to play, represent their school, and play high school sport," he said.

## + STUDENTS

Meanwhile, the group Students for Teachers is holding a rally at 4:45 p.m. on Wednesday at Alderney Landing in Dartmouth to drum up support for the union as class gets back into session. The province's 9,000 public school teachers have been working to rule since early December, when schools across Nova Scotia were shut down for a day.

## IVANY REPORT

# Residents don't see economic progress



**Haley Ryan**  
Metro | Halifax

Just over three years after the Ivany Report urged action and specific changes for the province's economy, new numbers show most residents still don't know what it is, or notice any progress being made.

According to the most recent survey conducted by Halifax-based Corporate Research Associates Inc. (CRA), less than one in five (17 per cent) residents surveyed believe there has been "considerable or moderate progress" in achieving changes identified in the Ivany Report.

On the other side, just over one-third (36 per cent) perceive there has been "little progress or no progress at all."

Also, the CRA survey said one-half of residents (48 per cent) are not familiar with the Ivany Report or do not have an opinion on the matter.

The Ivany Report was released in fall 2013, outlining multiple changes that were needed to improve the economy in Nova Scotia.

Across the population, men, older residents, and those with higher household incomes were more likely to believe there has been little or no progress, the survey said.

These findings are part of the CRA Atlantic Quarterly, an independent, quarterly survey of Atlantic Canadians, and are based on a telephone sample of 400 adult Nova Scotians.

This survey was conducted from Nov. 10-26, with overall results accurate to within plus or minus 4.9 percentage points, 95 out of 100 times.

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DENNIS OLAND

## Crown to appeal murder trial ruling

New Brunswick prosecutors say they will ask the Supreme Court of Canada for leave to appeal a court ruling overturning Dennis Oland's conviction for his multi-millionaire father's 2011 murder.

Oland was convicted of second-degree murder in December 2015, but that verdict was overturned by the New Brunswick Court of Appeal in October.

The appeal court ruled the trial judge erred in his instructions to the jury, and ordered a new trial in the bludgeoning death of prominent businessman Richard Oland, whose body was found in his office in July 2011.

In court in Saint John, N.B., Tuesday, Crown prosecutor Kathryn Gregory said they will appeal that ruling, and also asked for

the earliest available trial date.

She said they could be prepared to go to trial as early as this coming September.

But defence lawyer Gary Miller said it would be premature to set a re-trial date before knowing if the Supreme Court will grant an appeal and a possible cross-appeal from the defence.

As well, he said the defence is still dealing with disclosure issues - only getting some documents a few weeks ago.

Judge William Grant did not set a new trial date. He has agreed to wait until after the Supreme Court makes its decision.

Miller said if a new trial is held, it would be sometime in 2018 at the earliest.

THE CANADIAN PRESS

SOUTHWEST NOVA SCOTIA

## Most beaches now clear of dead herring

Fisheries officials say the flood of dead herring washing up on southwest Nova Scotia beaches has slowed.

Fisheries and Oceans Canada says it is monitoring for "evidence of new incidents" in areas where thousands of dead herring have been found since November, and more recently scores of starfish, clams and lobster.

But the department says "most beaches" are clear in a 100-kilometre swath from St. Marys Bay to Tusket, and the dead herring that is being found is in a narrower area between the mouth of the Sissiboo River and Plympton.

The department says on Twitter that there are now fewer fish being found than in earlier reports.

Spokesman Stephen Bornais says the department would not



Dead herring lie on the shore in Savary Provincial Park in Plympton. THE CANADIAN PRESS

elaborate on the Twitter posts, but he says they hope to have an update in the next few days.

Scientists at several government agencies have performed a battery of tests looking for a cause of the fish kill, but have so far been stumped.

THE CANADIAN PRESS

### IN BRIEF

#### Firefighters, neighbours save Greenwood home

A home in River Ridge Subdivision is still standing thanks to some quick action from neighbours and local firefighters.

A fire broke out in the attached garage of the house located in the 100 block of Greenwood's Rivercrest Lane shortly after midnight Jan. 3.

"The fire started on the outside of the house. Homeowners and neighbours had a lot of the fire put on (our) arrival with garden hoses," said Patrick Armstrong, deputy chief with

the Kingston District Fire Department. TC MEDIA

#### Moosehead backs out of opening Saint John brewery

Moosehead Breweries says it's no longer going ahead with plans to build a small-batch brewery on the waterfront in Saint John, N.B.

In June, the company said it was looking for a building to house the brewery, which was also to include a tap room and retail outlet.

Moosehead says it reached the decision after a re-evaluation of the overall project costs.

TC MEDIA



Passengers can expect to see a lot of changes to food offerings at the Halifax International Airport this year, including more sit down restaurants. METRO FILE

# Food, drink changes coming to airport

TRAVEL

## Burger King is out, mysterious new vendors moving in

Zane Woodford  
Metro | Halifax

Change is coming to the menu at the Halifax International Airport.

"We're going to have a lot of overhaul here in the next year or so," Halifax International Airport

Authority (HIAA) spokeswoman Ashley Gallant said in an interview on Tuesday.

First, the Burger King before security shut down at the end of the year — another casualty of 2016. That space remains vacant for now, but Gallant said some kind of new restaurant is expected to move in within the next few months.

As for the Chickenburger next door, Gallant said: "At this point, we haven't heard from them what will really be happening with Chickenburger."

Later, in an email, she said their contract ends in 2018, but

**"We're going to have a lot of overhaul here in the next year or so."**

Ashley Gallant, HIAA

that's all they can say.

On the other side of the security line, upstairs, Gallant said Tim Hortons is almost finished work on a new location which will open up the current one for a new tenant.

Gallant said the HIAA is also adding 500 square metres of restaurant and service space, but they're not ready to share any names yet.

"It's just more options for our passengers, another choice of a restaurant," Gallant said.

"For more of a sit-down restaurant, an additional one upstairs is what we're looking at."

Gallant said passengers have been asking for more options after the security gates.

"We've heard from folks that that's what they're looking for," she said. "It's just really to expand our offerings."

CRAFT BEER FEE

## Legal action persists despite further changes

The province made regulatory changes Tuesday to the Liquor Control Act, but that's still not stopping legal action against the Nova Scotia Liquor Corporation by one Halifax brewer.

The changes replaced a subsection of the act that gave the NSLC the authority to set pricing in its stores with three subsections that add alcohol sold outside of its stores to that authority, along with the Retail Sales Mark-up Allocation (RSMA).

The RSMA is charged to brewers who sell their own beer outside of an NSLC store. The government changed it last month from 50 cents per litre to five per cent of wholesale

— a reduction of about half.

Unfiltered Brewing is scheduled to be in court with the NSLC later this month, aiming to have the RSMA declared unconstitutional, and to recoup the roughly \$35,000 it's paid.

"It seems to be an effort to put on paper some of the unwritten policies that NSLC has been operating under for quite some time," Unfiltered's lawyer, Richard Norman said of

the changes on Tuesday.

Norman argues the RSMA is a tax, and the NSLC doesn't have the authority to tax.

"At last, they seem to be recognizing that when they charge people something they should have some written regulation backing that up, and that's what they're trying to do now," he said.

Norman said the new regulations won't have any effect

**"They seem to be recognizing that when they charge people something they should have some written regulation backing that up."** Richard Norman, Lawyer

on his litigation and he still doesn't think they give the NSLC the power to tax, but he noted their timing.

"I have no idea why these changes are being made now, but certainly they directly relate to the fee that is the main issue in our litigation, and they are being made a couple weeks beforehand," he said.

Provincial finance department spokesperson Marla MacInnis told Metro in an email the changes were made to "provide clarity to the industry" and "confirm the current practice."

Finance minister Randy Delorey was not available for an interview. ZANE WOODFORD/METRO



# Old Apothecary bakery serves sweets from every province

## BIRTHDAY BASH

**Recipes pouring in from across the country**



**Yvette d'Entremont**  
Metro | Halifax

A downtown Halifax bakery has hit on a tasty way to celebrate Canada's 150th birthday.

For each month of 2017, the Old Apothecary on Barrington Street will feature classic desserts from each province and territory.

Customers are being encouraged to share their favourite recipes that best capture the regional flavours of the parts of Canada they love in return for a gift card and public acknowledgement.

First up for the month of January is Newfoundland and Labrador. Desserts from that province will be served starting Wednesday. Partridgeberry squares and snowballs are just two of the Newfoundland-inspired items that will appear on the menu over the next month.

Owner Laura MacLeod said she baked up the idea for a Canada-themed 2017 on New Year's Eve while thinking about changes to her menu.



**Laura MacLeod, owner of The Old Apothecary, inside her bakery business on Tuesday.** JEFF HARPER/METRO

**“This is going to be a great way to learn about the baking history of Canada and what it means province by province.”**

Laura MacLeod

She asked customers via social media to send in their favourite recipes from across Canada, and so far she hasn't

been disappointed.

“Out of the gate people were saying ‘I love this idea.’ It was fun to see immediately what came in and to realize I knew absolutely none of the recipes that were coming in,” she said.

“This is going to be a great way to learn about the baking history of Canada and

what it means province by province. I just thought it would be fun because I know what my grandmother's cookbook looks like, and I'm sure that everybody's got one.”

Although she still hasn't mapped out which provinces are being represented when, Quebec is happening next

## TAKE PART

Send submissions to  
info@theoldapothecary.com.

month to take advantage of its renowned maple syrup.

“I'm going to cherry pick Nova Scotia's so that we get our strawberry shortcake, so we'll get strawberry season,” she said.

“I'm going to try to pay attention to seasonality as much as possible. I realize that's a tricky thing to do in Canada.”

With 10 provinces and three territories to cover over the year, MacLeod said she may have to squeeze two territories into one month.

Although she's still ironing out the finer details, MacLeod's excited about the initiative and is encouraging people to start sending in their favourite recipes representing all of Canada's provinces and territories.

“We know people from Nova Scotia are from everywhere because we talk to them everyday. We have Newfoundlanders, we have people from Quebec, from Ontario, from BC, Alberta,” MacLeod said.

“I'm really excited about learning. I think there will be a lot of that happening for many of us this year.”

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# Sponsorship preparations in vain

## IMMIGRATION

### Many already made efforts for 2017 rush to bring in family

After failing to make the cut to sponsor his parents to Canada in January 2016, Daniel Dodero began compiling their 2017 application package early last summer.

In November, in order to have a better chance at securing his parents a coveted spot in the first-come, first-serve system, he hired a courier to make sure the application would be hand-delivered to the Immigration Department's Mississauga processing centre on Tuesday as soon as the office opened its door to accept applications.

Then just before Christmas, Immigration, Refugees and Citizenship Canada announced an overhaul of the intake process for the 2017 parent and grandparent sponsorship program.

Instead of continuing the old system that usually saw spots run out within days, officials have adopted a lottery system to award the spots and will randomly draw 10,000 individuals



Daniel Dodero, top right, who is planning to sponsor his parents Jose and Migdalia, front, to Canada, was caught off guard by Ottawa's recent changes to the program. Also pictured here are Daniel's wife Rosemary, his brother Santiago and sister-in-law Marlene. TORSTAR NEWS SERVICE

from the pool and invite them to submit full applications.

That means all the efforts Dodero made in the last few months to compile documents for his parents in Venezuela are in vain, with a new application kit and guide coming next Monday.

Dodero has already spent \$250

on the mailing fees and another \$200 to a local courier. The expenses are nonrefundable.

"All our documents for the applications are already signed (and notarized) and they are all going to be useless if we have to reapply again in 2017."

Under the new system, applicants have between now and Feb.

2 to complete an online form on the immigration website to enter the draw. If selected, they have 90 days to submit the full application.

Officials said the new system was introduced partially to address the concerns over applicants paying as much as \$400 to hire couriers to be at the front

of the line each year.

For years, since the former Conservative government capped the annual number of parents and grandparents sponsorship applications to reduce backlog, competition for one of the 5,000 parent and grandparent sponsorship spots had been intense.

Applicants would pay courier services hundreds of dollars to line up outside the immigration office hoping to make the cut as soon as the door was open. Applications that didn't make the cut would be returned and resubmitted.

Lawyer Avvy Go said the Tories created the quota system because they did not recognize the importance of family reunification.

"By replacing the quota system with a lottery system, the current government is replacing one discriminatory scheme with another. The result is still the same. Parents and grandparents are still treated as second-class immigrants," said Go. "If the Liberals really wanted to help Canadians reunite with their parents and grandparents, they should have lifted the quota and put in the necessary resources to process these sponsorship applications." TORSTAR NEWS SERVICE

## TRAGEDY ABROAD

### Ontario woman killed in Italy

A young Ontario woman who had recently moved to Europe with her fiancé died on New Year's Day after falling off a mountain path during a hike near the Italian-Austrian border.

Chelsea Rebecca Alvarez was hiking on Jan. 1 in a mountainous area in the South Tyrol region of northern Italy, when she reportedly slipped off a path and fell onto rocks in a valley below, local media reports said.

The 24-year-old died instantly, the reports said, and rescue teams recovered her body from the area.

Those who knew her said Alvarez had moved to Italy about six months ago with her fiancé, Colin Behenna, a former Ontario Hockey League player who signed a deal to play for the Sterzing Broncos team based in northern Italy.

A number of Canadians have died abroad in recent days; they include the following:

1 **Clinton Munkittrick** of Sherbrooke, Que., died in Thailand after a New Year's Eve party on the island of Koh Phangan, according to Global Affairs Canada. A news outlet said there were high waves during the event.

2 **Alaa Al-Muhandis** of Milton, Ont., was killed in the New Year's attack on an Istanbul nightclub. Media reported that Al-Muhandis was a 29-year-old mother of two.

3 **A 10-year-old girl** died Christmas Eve after falling ill aboard a transatlantic Air Canada flight. The Toronto-to-London flight diverted to Shannon, Ireland, after the child suffered a medical problem.

4 **Linda Vatcher**, 62, of Corner Brook, N.L., was killed Dec. 18 during a shooting ambush in Karak, Jordan.

THE CANADIAN PRESS

## MAIL

### Identity theft on the rise



**Kevin Maimann**  
Metro | Edmonton

Ignore your mailbox at your own peril. Canadians are having their identities stolen at record rates as they leave important envelopes piling up in front of their doors. The Canadian Anti-Fraud Centre (CAFC) is reporting that it received seven times more complaints of mail-forwarding fraud in 2016 than in 2015.

"People aren't paying too much attention to their mail anymore," said Lianne Roy Beau-

champ, with CAFC.

A perpetrator of mail-forwarding fraud will impersonate their victim using stolen information lifted from physical mail or through online and phone scams, and have the victim's future mail re-routed to a different address. The victim won't realize they have been targeted until they get a slip in the mail from Canada Post saying their address has been changed. The centre received 479 complaints of forwarded or re-routed mail in 2016, compared to 63 complaints in 2015.

## SCIENCE

### Study sheds light on gambling addiction



**Wanyee Li**  
Metro | Vancouver

Gambling addicts' brains light up in the same way drug addicts' brains do when they are shown images of slot machines, according to a new UBC study.

Participants in the study showed increased activity in the brain's reward network, particularly the insula, which is responsible for bodily sensations, including cravings.

"This region responds to any type of reward. It's the same for

food reward or financial reward, or if people take a drug," said lead author Eve Limbrick-Oldfield.

She says this finding could help rehab centres measure the effectiveness of treatments — something that is currently difficult to do because feelings of craving can be subjective.

"The higher they reported their craving when they saw these gambling images, the more insula activity increased," said the UBC psychology researcher.

"This biological marker is a really great way of measuring if a treatment is reducing a craving."

This concrete connection between gambling images and a reaction in addicts' brain shows how dangerous advertisements can be for those trying to kick the habit, she said. Limbrick-Oldfield used photos of slot machines, horse-racing posters and lottery cards in the study, but says TV commercials are likely even more effective in triggering cravings.

"They involve sounds, movies, and they really are very exciting and highlight the gambling machines." It may be time to consider an outright ban on gambling advertisements, she said.

## CROWDFUNDING

### Parka lets you dress your dog for the cold



**Colin McNeil**  
Metro | Toronto

An entrepreneur from Toronto, Ont. has created what he calls "the best and only dog parka you'll ever have to buy."

Jeremy Potvin's World of Angus company is crowdfunding what they are calling the "5-Second Dog Parka," a canine garment made from "your dog's perspective" that will keep Rover warm on those cold Canadian win-

ter walks.

"In the winter, getting your dog into his jacket can be like getting a three-year-old in a snowsuit," says Potvin in a promotional video.

That's where the parka comes in.

Filled with goose down, the jacket is water and snow resistant and purports to come in a size that fits any dog, big or small.

The pet textile is made to easily slip over your best friend's head and is secured with Velcro, and it's designed and made in Canada.



The 5-Second Dog Parka in action. CONTRIBUTED

## COMPENSATION

### Top CEOs already made average worker's pay

Before lunchtime Tuesday, Canada's highest-paid CEOs were projected to earn as much as the average working person does all year, says a report released by a think tank that tracks executive compensation.

The Canadian Centre for Policy Alternatives estimates this year's elite group of chief executive officers will earn the average, full-time Canadian wage by 11:47 a.m. on Jan. 3, the first working day for many Canadians. Last year, it would have taken until 12:18 p.m., the report said.

Hugh Mackenzie, a Toronto-based economist who wrote the report, said the clock analogy is a powerful way to illustrate a widening gap between what top executives get paid and what average Canadian workers earn.

"That serves as a very potent symbol, I think, of the growth of income inequality," Mackenzie said.

He said the trend toward higher executive compensation has been fairly consistent in recent years regardless of economic cycles. THE CANADIAN PRESS



# Nearly 7,000 Iraqis killed

MIDDLE EAST

## 2016 casualties 'have to be considered a minimum:' UN

Violence claimed the lives of at least 6,878 civilian Iraqis last year, the United Nations said on Monday, as the Iraqi government struggles to maintain security and to dislodge Daesh militants from areas under their control.

The UN Assistance Mission for Iraq, known as UNAMI, said its numbers "have to be considered as the absolute minimum" as it has not been able to verify casualties among civilians in conflict areas, and of those who lost their lives due to "secondary effects of violence ... due to exposure to the elements, lack of water, food and health care."

UNAMI said in a statement that 12,388 other civilians were wounded in 2016. It added that

last year figures didn't include casualties among civilians in Iraq's western Anbar province for the months of May, July, August and December.

At least 7,515 civilians were killed in 2015, UNAMI reports.

The monthly UN casualty report for December 2016 showed that a total of 386 civilians were killed and another 1,066 were wounded. The worst affected area was the northern province of Ninevah, where government forces are fighting to retake the Daesh-held city of Mosul, with 208 civilians killed and 511 injured. Baghdad came next with 109 killed and 523 injured.

Daesh has claimed responsibility for a string of bombings in Baghdad that have killed more than 50 people in the last week.

The deadliest Daesh attack was in July when a massive suicide bombing in a bustling market area in central Baghdad killed almost 300 people, the bloodiest single attack in the capital in 13 years of war.

THE ASSOCIATED PRESS



ALL PHOTOS CONTRIBUTED

RESCUE

## Toddler saves twin brother

A two-year-old boy in Utah was caught on a nanny cam saving his twin brother by pushing a fallen dresser off him. The boys' mother, Kayli Shoff, tells KUTV-TV that she didn't hear the dresser falling and only saw what happened on video.

- 1 Two-year-old toddler twins play around by a dresser.
- 2 The dresser suddenly falls on one of the twins.
- 3 The other twin bravely manages to manoeuvre the dresser off his brother.

THE ASSOCIATED PRESS

MORE ON THE METRO APP

COLOMBIA

## UN envoys blasted for party with rebels

United Nations observers are in hot water in Colombia over a video showing them dancing with leftist rebels while deployed to watch over the guerrillas as part of a peace deal.

The short video was shot by Spanish news agency EFE from inside a jungle camp in northern Colombia during a New Year's Eve party. It shows two men wearing blue vests with UN insignia dancing hip-to-hip with female guerrillas.

The images, dismissed by some as a folkish display of Colombians' love for revelry

in even the most adverse circumstances, drew sharp rebuke from opponents of the peace deal between the government and the Revolutionary Armed Forces of Colombia.

"What a joke," conservative lawmaker Maria Fernanda Cabal blasted out on Twitter. "How can we trust in the UN delegates' impartiality when they go partying with the FARC?"

The UN mission in a statement late Monday said it would take appropriate measures.

"This behaviour ... doesn't reflect the values of profession-

alism and impartiality of the mission," it said without identifying the officials by name.

As part of a peace deal ratified last month hundreds of UN-sponsored observers, mostly from Latin America, are being deployed across the country to 20-plus camps where guerrillas will soon turn over their weapons.

The UN mission is charged with receiving the weapons and providing periodic reports on the two sides' adherence to the peace deal.

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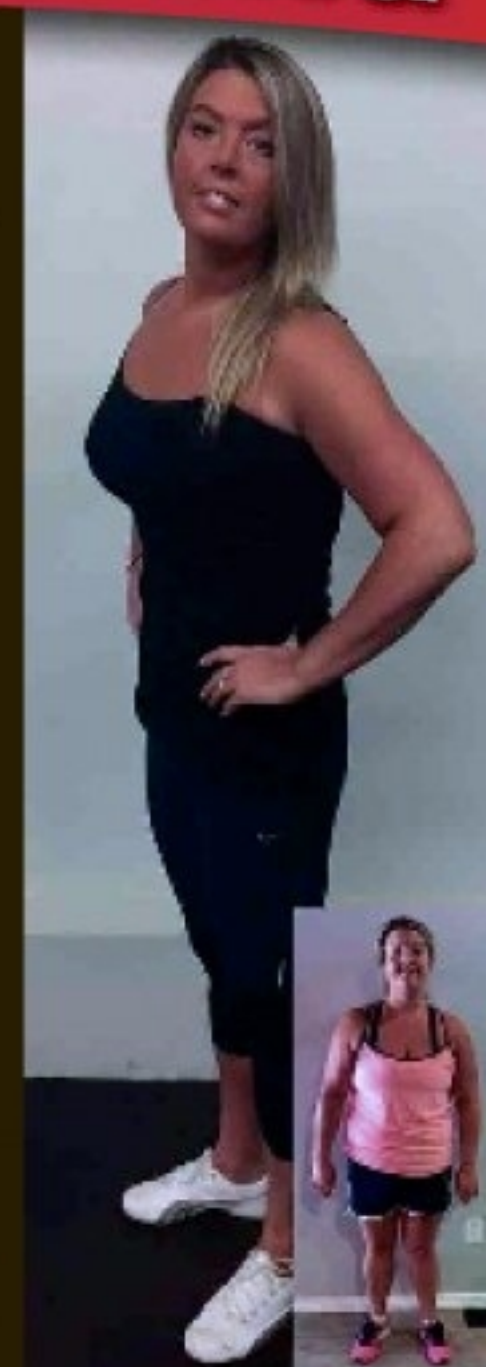
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## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION

## When a dinner guest sends a 'thank you' email and copies everyone on the list, how am I expected to respond?

Dear Ellen,

I sometimes take people to lunch, and they always thank me. Some of my lunch guests follow up with "thank you" emails afterwards, which I find excessive. Am I supposed to email back and say "you're welcome"?

I also have a question about dinner parties. The day after I attend one, another guest will inevitably send a thank you note and copy everyone on the guest list. This sets off a long thread of thank yous, which I find very distracting and time-consuming, but I don't want to appear rude. What is the etiquette here?

Exhausted by emails

Dear Exhausted,

I think we're all exhausted by emails at this point. Unfortunately, some people don't know when to quit when they get into an email spiral of thanking hosts, complimenting each other, or accusing a presidential candidate of not using the right server. (I note with interest, by the way, that no one seems to give a smiling poop about Hillary's emails anymore. I guess they didn't fatally endanger the republic after all. Oh well!)

But when it comes to thanking someone for a meal, I have to say that I do approve of sending a formal email afterwards. If your guest sends you a quick "thanks for lunch" email, you don't have to respond, but an equally quick

**Group email rituals sometimes turn into a competitive sport as everyone piles on with geysers of gushing gratitude.**



"my pleasure!" would not go amiss.

As for a full-blown dinner party, if you've been to one, you must follow up with a thank you phone call or note regardless of email-chain hazards from other over-exuberant guests.

In the olden days, the day-after phone call was more common. And for some of us hosts, that day-long marathon of dinner-dissecting conversations was as pleasurable as the dinner party itself (sometimes even more so, truth be told). As a host, I've also been the delighted recipient of handwritten cards sent by post, and even, on occasion, a flower delivery.

Any of those approaches are still acceptable, but an email is also fine. Just be sure to take a few minutes to write a proper message with a compliment or two about the home, or food, or guest list, which is the least you can do after someone has slaved over a hot stove, or credit card, opened their home and lavished a free meal on you.

Regarding the post-dinner-party endless-email thread, believe me, I know how annoying it can be. As a writer with numerous writer friends, I've been subjected to group email rituals that sometimes turn into a competitive sport as everyone piles on with geysers of gushing gratitude, witty

retorts, double entendres, and jocular insults, veiled or otherwise.

If I'm not in the mood for all those shenanigans, I just send a separate, private email to the host(s), and ignore the endless email chain from everyone else. But I'd never tell anyone not to indulge — if you are in the mood, it's fun to keep the dinner party conversation going. And don't forget the host on the receiving end. The endless email chain is a ultimately testament to them, and they deserve every word of it.

**Need advice?**  
Email Ellen:  
scene@metronews.ca

## VICKY MOCHAMA

### Temporary foreign workers need same rights as citizens

They cook for us. They take care of our children. They pick the food that fills our kitchens.

Yet Canada's temporary foreign workers are required to stay that way — temporary — no matter how much they contribute or for how long they serve this country. Currently, it's a state of affairs that is ripe for abuse. The workers' rights are often curtailed because of their singular place in our system of labour and immigration. Abuse is far too prevalent.

Under the temporary foreign worker visa program, workers have little recourse to hold their employers accountable. The program precludes them from most employment standards laws: they cannot ask for breaks at work, they do not get holidays and are not paid for overtime.

For women, especially, the lack of protection is a clear and present danger. In 2015, a Mexican woman won a human rights tribunal case against Presteve Foods after enduring sexual harassment, solicitation and discrimination from her employer. Another woman was, according to CBC News, sent back to Mexico for refusing the same employer.

For migrant workers, the penalties are also financial. In Leamington, Ont., three men extorted money from workers by charging them a series of fees for accommodation, travel and procuring the work visas. The fees were in the

thousands. The documentary Migrant Dreams by Min Sook Lee follows the migrants and their supporters as they work to put together a case against their extortionists.

Foreign workers have one more extortionist to worry about: the government of Canada. They are required to pay into Employment Insurance; however, they are not eligible to receive EI. When farmworkers are laid off at the end of each season, they do not receive any of EI's benefits or even a refund.

The problem is in the nature of the program. Defining whole groups of people as "temporary" makes them susceptible to these abuses. The federal government recently took a positive step by eliminating the "four-in, four-out" rule, which required foreign workers to leave or not work while in Canada for four years after four years employment within the country.

Workers who come to Canada to fill necessary gaps in a range of industries should be granted access to citizenship. The corollary to the generosity that led Canada to bring in 25,000 refugees is a fairness that says: if you serve the nation, you deserve a chance to be a part of it. In the hundreds of thousands of migrants who have come to Canada over the 40-plus years of the program's existence, we already have a pool of future citizens who are ready and willing to do the work of being productive Canadians.

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**JOHANNA SCHNELLER WHAT I'M WATCHING**

## 'He's like a block of wood that's been taught to bark'



It's out with the old and in with the new in the boardroom but Arnold Schwarzenegger's German quips are about the only welcome addition to *The New Celebrity Apprentice*. HANDOUT

**THE SHOW:** *The New Celebrity Apprentice, Season 1, Episode 1 (NBC)*

**THE MOMENT:** Here's Schwarzenegger!

In the boardroom, two teams, including Porsha Williams (a *Real Housewife of Atlanta* whose many IMDB credits are all as "Herself") and comedian Jon Lovitz, face down their "boss," actor and former California governor Arnold Schwarzenegger.

"Jon, we know each other a long time," Arnold says. "But in here you call me Governor." Lovitz provides the appropriate "Boing!" reaction shot.

Porsha natters on about why her team lost. Arnold leans over to his "business adviser," his Munich-born nephew, Patrick Schwarzenegger, and growls, "She never stops talking" — in German.

At episode's end, he puffs on a cigar, indoors, breaking California law.

This is the "new" apprentice, and a few things are new. The host. The location, Los Angeles instead of New York. The catch phrase, "You're terminated," in-

stead of "You're fired." (Arnold threw in an "Hasta la vista, baby," for added fun.)

Not new, however: the scraping of the bottom of the barrel for "celebrities" (half the cast come from other reality shows); the nepotism (Arnold's wholly-unknown nephew replaces Donald Trump's kids); the stilted boardroom "altercations."

You'd hardly call Arnold expressive in his acting career, and he's even less so here. He's like a block of wood that's been taught to bark. I do hope he makes those asides in German a regular thing, though; that was a real Dr. Evil moment.

Also not new: Though NBC fired Trump for his previous moral failings, he remains executive producer — one of the many conflicts of interests he's blithely unconcerned about fixing before he commandeers his new boardroom in Washington, D.C.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

### TELEVISION

## Kelly leaves Fox News to join NBC

Megyn Kelly, the Fox News star who's had a contentious relationship with President-elect Donald Trump, said Tuesday that she's leaving the network for NBC News, where she will host a daytime talk show, a weekend newsmagazine and contribute to breaking news coverage.

NBC News made the announcement Tuesday, ending months of speculation over whether she would re-up with Fox, where she has flourished while suffering bruised feelings in recent months, or start a new chapter in her career. Her contract with Fox expires this summer. It was initially unclear when she would leave the Fox airwaves and appear on NBC.

Kelly's departure deprives Fox News of its second-most-watched host, behind only Bill O'Reilly, and a hole at 9 p.m. in its prime-time lineup.

"While I will greatly miss my colleagues at Fox, I am delighted to be joining the NBC News family and taking on a new challenge," Kelly said in a message on Twitter on Tuesday.

Kelly became one of Fox's hottest properties and a flash-point in the presidential campaign after Trump objected to her questioning in the first Re-



Megyn Kelly will host a talk show as part of her new role on NBC News. GETTY IMAGES FILE

publican presidential debate a year and a half ago. He tweeted angry messages about her and boycotted another Fox debate after the network refused to replace her as one of the debate moderators.

She also became a central figure in the downfall of former Fox News chief Roger Ailes, telling in-house investigators of inappropriate conduct by Ailes that supported women who had made similar accusations.

Details about Kelly's new jobs at NBC will be revealed in upcoming months, said Andrew Lack, chairman of the NBC Universal News Group.

THE ASSOCIATED PRESS

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# Food that makes you happy

## RECIPE

### Meals to help you eat well and feel well

This time of year is full of listicles and slide shows pointing out "superfoods" that people should be eating for a happier new year. A quick Google search for "foods that make you happy" yielded 13.5 million results ranging from raw nuts to kale and spinach to chocolate.

The foods listed are usually chosen for being high in a vitamin, mineral or amino acid that's vital for the body to function, though whether food alone can boost a person's mood hasn't been definitively proven in clinical studies. Heck, if kale alone could boost our moods we would all be chugging kale juice after the disastrous events of 2016.

"Food is complex and that's often forgotten," says Timothy Caulfield, professor and research director at the University of Alberta's Health Law Institute. "Food is made up of a ton of chemicals and that makes it tough to make definitive statements about foods producing a particular mood that's good or bad."

Still, Caulfield points out numerous studies done around the world that associate a healthier, balanced diet with a better mood — especially when that balanced diet also satisfies hunger (We all know from personal experience the idea of "hangry," a portmanteau of hungry and angry).

Here are three recipes to help you eat well — and feel well — in 2017.

#### Hotpot For One

Makes one serving

"If you are hungry you may have less concentration and get more angry easily," writes professor at U of T's department of Nutritional Sciences and Medicine David Jenkins in an email.

So how do you keep yourself full and focused?

Health Canada recommends filling half of your plate with veggies at dinnertime as a good guideline to ensure a balanced meal rich in nutrients and fibre, which keeps the stomach feeling satiated and your digestive system happy.

This warming bowl of veggies, tofu and buckwheat noodles in a spiced vegetable broth should help keep your stomach — and mind — happy.

#### Ingredients:

- 2 cups (500 mL) vegetable broth, plus more to boil vegetables
- 1/4 tsp (1 mL) soy sauce, or to taste
- 1/4 cup (60 mL) thinly sliced carrot
- 1 handful watercress
- 2 button mushrooms, thinly sliced
- 5 oz (140 g) extra firm tofu

cut into small cubes

- 3-1/4 oz (90 g) soba noodles or your soup noodle of choice

#### Directions:

**1.** In a medium saucepan, bring vegetable broth to a boil. Add soy sauce. Add carrots, watercress, mushrooms and tofu. Add more broth if necessary to cover ingredients. Cook until vegetables are tender. Add noodles and continue to boil until just al dente.

**2.** Transfer to serving bowl and serve immediately.

**Sunshine Chopped Salad**  
Makes one serving

**BALANCED DIET**  
Numerous studies show North Americans eat too much salt, and not enough potassium. One banana has 422mg of potassium — that's 9 per cent of the amount needed per day.

If you've overloaded on the holidays, your taste buds might crave something more acidic and bright such as zesty citrus fruits. Early explorers went through the same thing, although their situation was a little more extreme: their bodies were deprived of vitamin C after sustaining on nothing but dried meats, and they were suffering from scurvy.

Though scurvy is rare these days, a brightly coloured salad — with lots of texture, healthy fats, lean protein and tart acids — may help you feel more balanced. It also helps that we like to eat with our eyes and are drawn to colourful plates rather than a bowl of grey mush.

#### Ingredients:

- 4 oz (115 g) boneless, skinless chicken breast diced into 1-cm cubes
- Salt and pepper, to taste
- 2 cups (500 mL) chopped green leaf lettuce or lettuce of your choice
- 1 hard-boiled egg, chopped
- 1/2 avocado, seeded, peeled and diced
- 1/2 cup (125 mL) peeled and diced beet
- 1/2 orange, cut into segments with seeds, skin, pith and membranes removed
- Olive oil, to taste
- Balsamic vinegar, to taste

#### Directions:

**1.** In an unoled skillet over medium high heat, sauté chicken until fully cooked and browned. Season with salt and pepper to taste. Set aside.

**2.** In a salad bowl, sprinkle chopped lettuce on bottom to form an even bed. Top with lines of chopped egg, avocado, beet, orange and cooked chicken. Drizzle with

This take on the classic cob adds chunks of oranges and subs in a lighter-tasting grilled chicken for bacon.

olive oil and balsamic vinegar to taste. Serve immediately.

#### Hot Chocolate Coffee

Makes one serving

The placebo effect of comfort food comes down to one thing: nostalgia. Caulfield says we associate certain food with memories — think chocolate with childhood birthday cake — and that's one reason why a square of the dark stuff can put a smile on your face, as it reminds us of all the good times experienced when chocolate was around.

The same logic applies to other comfort foods such as pizza, mac and cheese, cake — foods that people are more likely to have when they were children or during celebrations.

A dash of cocoa powder in your morning coffee might just hearken you back to snow days on your morning commute.

#### Ingredients:

- 1-1/2 cups (375 mL) freshly brewed hot coffee
- 1 tbsp (45 mL) unsweetened cocoa powder
- 1 tbsp (45 mL) granulated sugar
- 1 tbsp (45 mL) milk or cream

#### Directions:

**1.** Fill a large mug or pot with coffee and stir in cocoa powder, sugar and milk. If coffee isn't hot enough to completely dissolve cocoa powder, whisk everything together in a small saucepan over low heat.

**2.** Serve immediately.

TORSTAR NEWS SERVICE







# The best vehicle that FCA builds



## REVIEW

**Yeah, you read that headline right — this minivan rules**



**Craig Cole**  
AutoGuide.com

The Chrysler Pacifica minivan launched in 2016 replaced the long-running Town & Country nameplate. Despite riding atop an all-new platform and offering more features than ever, I must confess that my hopes weren't very high for this family hauler.

But as the old saying goes, "When you assume you make an ass out of you and me," I'm happy to report my fears were completely unfounded because this is the best vehicle FCA builds.

Let that soak in for a moment. I'm declaring that its latest minivan is better than the ever-popular Jeep Wrangler, stupid-fast Hellcat cars and even the 505-horsepower Alfa Romeo Giulia Quadrifoglio, which, admittedly, I've yet to sample. Yeah, you read that right.

Its body brings new style to a staid segment. Resembling a pumped-up 200 sedan, this minivan's bodywork has a sculptural elegance to it; a breadbox on wheels it most certainly is not.

Smoothly flowing lines fill this van's interior as well. Most of the Pacifica's cabin is made of hard plastic, but the graining is upscale and everything well built. No obvious fit-and-finish

anomalies were spotted in my test model.

Pop open a sliding bin on the dashboard or centre console and they roll like they're on ball-bearing slides; their motion is eerily friction free, something that exudes quality.

The 2017 Chrysler Pacifica is built on an all-new architecture that's supposedly the stiffest and lightest in its class, attributes that contribute to the reduced intrusion of noise and harshness. While in motion, there are no jiggles or rattles to cheapen the experience. Everything is tight and solidly built; you can tell the people who screw it together in Windsor, Ont., really care.

Chrysler's ingenious Stow 'n Go second-row seats remain and are still a marvel of mechanical engineering, folding, tumbling and dropping into the floor with the simple pull of a strap. When people aren't on your manifest, the Pacifica offers nearly 3,993 litres of interior volume.

In their upright and locked position, those second-row seats are extremely comfortable, offering plenty of knee and headroom with a lower cushion that's nicely elevated off the floor.

The Pacifica is motivated by a familiar friend, FCA's versatile and refined 3.6-litre Pentastar V6. As smooth-running as ever, it sports a raft of enhancements for 2017 including two-stage variable valve lift and cooled exhaust-gas recirculation. A nine-speed automatic is the only transmission offered but don't worry, it's smooth and speedy, swapping ratios without any fuss, which is exactly the way it's supposed to function.

## THE CHECKLIST | 2017 CHRYSLER PACIFICA

### THE BASICS

**Engine:** 3.6-litre V6  
**Output:** 287 horsepower, 262 lb-ft  
**Transmission:** Nine-speed automatic  
**Fuel Economy (L/100 km):** 12.9 city, 8.4 highway, 10.9 combined  
**Price:** Starts at \$45,740



### LOVE IT

- Comfortable accommodations
- High-quality interior
- Powerful drivetrain
- Fuel efficiency
- Smooth ride
- Versatility

### LEAVE IT

- Flat, lifeless front seats
- Gets expensive with add-ons

## 4 THINGS THAT MAKE THE TOYOTA TACOMA TRD PRO SPECIAL

The new 2017 Toyota Tacoma already sets itself apart with its unique off-road components, but let's take a look at exactly what makes the new TRD Pro different from the regular Tacoma. **STEPHEN ELMER/AUTOGUIDE.COM**



### 1 Unique suspension

The Tacoma uses a brand new set of Fox internal bypass shocks that are position sensitive, which allows for a tight setup on the road and a plush suspension that soaks up the bumps when you leave the road. New spring rates, specially tuned leaf springs, and a one-inch lift complete the package.

### 2 Heritage-inspired looks

Toyota knows that its special models should look the part, and this Tacoma doesn't disappoint. The heritage-inspired grille that reads 'TOYOTA' is a personal favourite, while blacked out, thick TRD Pro badges offer a tough look.

### 3 LED lights

To allow for some night-time adventures, Toyota teamed up with Rigid Industries, which installed a set of LED off-road lights on the front of the TRD Pro. They may look small, but they can pack a pretty good punch after dark.

### 4 There's a manual!

For those few looking specifically for a manual off-roader, Toyota has you covered, pairing the TRD Pro's 3.5-litre V6 with either a six-speed automatic or a six-speed manual. Best of all, the gate on the manual is fairly notchy, feeling good in your hand.





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The Vikings say the pair who hung from the rafters in protest of the Dakota Access pipeline entered U.S. Bank Stadium with tickets on Sunday

## Sharpening Steel on fly

NFL

### Pittsburgh reworks offence en route to AFC North title

Mike Tomlin doesn't remember the exact conversation. Alejandro Villanueva does.

The Pittsburgh Steelers were reeling in early November. Mired in a four-game slide filled with losses both heartbreaking and baffling. The talk of a seventh Super Bowl quickly took a backseat to far more pressing matters. Namely, would the Steelers get it right, and if they did, would they get it right in time to salvage a playoff berth?

Villanueva understood he was part of the problem. There were some blocking schemes the massive and massively thoughtful six-foot-nine left tackle couldn't seem to get right. So Tomlin and offensive line coach Mike Munchak got together and decided they'd seen enough, modifying some calls and ditching others altogether.

For Tomlin, it was just another adjustment in a series of them, the kind needed to deal with the ebb and flow of the four-month test of patience and resolve that is a typical NFL season. Not to Villanueva.

"You have to come up with a new offence," Villanueva said. "We had to come up with different plays, see who we had on our roster, accommodate to different runners and different receivers and that takes time. You



The Steelers celebrate a touchdown scored by running back Le'Veon Bell against the Ravens on Dec. 25 in Pittsburgh. The Steelers have reason to celebrate as winners of seven straight games heading into the playoffs. JUSTIN K. ALLER/GETTY IMAGES

can practise it all you want, but it's on Sundays where you can really get better. For myself, some of the protections I struggled with, we stayed away from. We got better as an offence."

One more predicated on hogging the ball and dictating the tempo with running back Le'Veon Bell than seeing if it could put the scoreboard on tilt. The result? Seven consecutive wins, an AFC North title and all the momentum it could possibly need going into a wild-card game against Miami on Sunday.

**You learn from your failures.**  
Steelers coach Mike Tomlin

Perhaps in a way it's fitting. Pittsburgh's malaise began on a muggy, one-sided 30-15 reality check delivered by the Dolphins on Oct. 16. Quarterback Ben Roethlisberger was off early, an issue that only exacerbated itself when he played on after

tearing cartilage in his left knee in the first half. The running game mustered little. The run defence even less. And just like that, the swagger the Steelers played with during a breezy 4-1 start vanished.

"One of those weird days in football," guard David DeCastro said. "Sometimes you're going to have one of those weeks."

One followed by three more just like it.

"We need to be a better team at the end of the thing than we are at the beginning of the thing

### NOTES

■ Cincinnati Bengals cornerback Adam (Pacman) Jones was jailed early Tuesday, and faced assault, disorderly conduct and other charges.

■ Ravens coach John Harbaugh will bring back offensive co-ordinator Marty Mornhinweg in 2017 despite Baltimore's struggles in scoring touchdowns.

■ Brock Osweiler will start at quarterback for the Houston Texans on Saturday in their wild-card game against the Oakland Raiders.

because that's just how it goes," Tomlin said.

Something the Steelers have been when December rolls around. Pittsburgh is 13-1 in regular season games played in December or January during their run to three straight post-season berths, the first time the Steelers have done that since reaching the playoffs from 1992-97.

They're heavy favourites to dispatch the injury-riddled Dolphins. Yet as distant as that forgettable afternoon in Miami seems, a glance at the tape this week is a reminder of just how quickly mojo can disappear.

"I think just the process galvanizes the group," Tomlin said. "You learn from your failures."

THE ASSOCIATED PRESS

WORLD JUNIORS

### Canada coach: Pressure's on Sweden

Canadian coach Dominique Ducharme wants to see what Sweden is made of.

The Swedes didn't see much adversity as they rolled off five straight wins to start the world junior hockey championship, and Canada will be their biggest test yet when they meet in a semifinal on Wednesday night Montreal.

"It's one game and we'll be ready for it," Ducharme said Tuesday. "We can beat them."

"They're a good team. They showed in the last 10 years that they're really good in the first round but they have (found) ways to lose when things get tougher and we want to make it tough on them. We'll see how they react to pressure."

The winner advances to Thursday's final against either Russia or the United States at the Bell Centre.

The Swedes have emerged as a favourite with a highly skilled team led by a top line with Alexander Nylander and Joel Eriksson Ek, who both started the season in the NHL, along with gritty Carl Grundstrom.

But being good hasn't always translated into gold for the blue and gold. This year, they extended their streak to 40 straight wins in group stage games at the world juniors — 10 perfect 4-0 records in a row. But they have only one gold medal in 2012 to show for it. They settled for four silvers over that span and finished out of the medals the last two years.

THE CANADIAN PRESS



**Dominique Ducharme**  
THE CANADIAN PRESS

QMJHL

## Moose back on winning track



**Dylan DesRoche**  
For Metro | Halifax

The Halifax Mooseheads' long losing streak came to an end Tuesday night as they defeated the last-place Moncton Wildcats 3-2 in overtime.

The victory is the team's first in the last nine games. Halifax, which had last won on Dec. 2 in Chicoutimi, has dropped into second-last place in the QMJHL's Maritime Division with 35 points.

TUESDAY In Moncton



"We got the monkey off our back a bit," head coach Andre Tourigny said after the game.

"We battled really hard in that game, we had a tough time to score the big goal but I'm happy with the effort."

Ben Higgins opened the scoring for Halifax with his

eight of the season, but Arnaud Durandau was the hero, potting two goals including the overtime winner.

"He played a solid all around game tonight. I was really happy with how he played," Tourigny said of Durandau's performance.

Alexis Gravel made 28 saves in the victory, with Moncton's Logan Johnston and Lane Cormier managing to each sneak one by the rookie netminder.

The two teams face off again Friday night at Scotiabank Centre.

### IN BRIEF

#### Blue Jackets within one win of streak record

Cam Atkinson and William Karlsson scored power-play goals and the Columbus Blue Jackets beat the Edmonton Oilers 3-1 on Tuesday night to extend their winning streak to 16 games — one away from the longest ever in the NHL.

Nick Foligno also scored for the Blue Jackets, who can tie the 1992-93 Pittsburgh Penguins with a victory Thursday night at Washington.

THE ASSOCIATED PRESS

#### Ovechkin lifts Caps to OT victory over Leafs

Alex Ovechkin scored 22 seconds into overtime and the Washington Capitals rallied to beat the Maple Leafs 6-5 on Tuesday night and end Toronto's winning streak at five.

Ovechkin's 18th goal of the season came after the Capitals erased multiple deficits. The Russian superstar now has 995 points over his career.

Philipp Grubauer made 15 saves in relief of Braden Holtby. THE ASSOCIATED PRESS



**To be here now is satisfying, but it's not what we want. The gold medal is what we want.**

Team Canada forward Mathew Barzal



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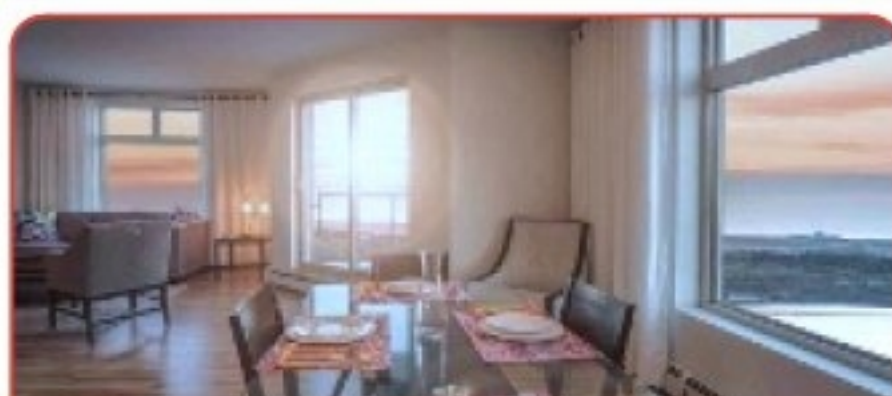
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MAKE IT TONIGHT

# Winter White Chili



PHOTO: MAVA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

We've paired traditional spices with chicken to create this twist on a classic chili that still delivers on comfort and flavour.

**Ready in 55 minutes**

Prep time: 10 minutes  
Cook time: 45 minutes  
Serves 4

**Ingredients**

- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannellini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

**Directions**

**1.** Brown chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.

**2.** Remove from pan and place on a plate. Set aside.

**3.** Sauté onions and garlic until they start to smell fantastic. Now add spices and let cook for a minute or two. Add beans, broth and mix in the chicken. Let simmer 20 minutes.

**4.** Turn heat down and stir in yogurt. Add lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.

**5.** Serve with a good sprinkling of cilantro.

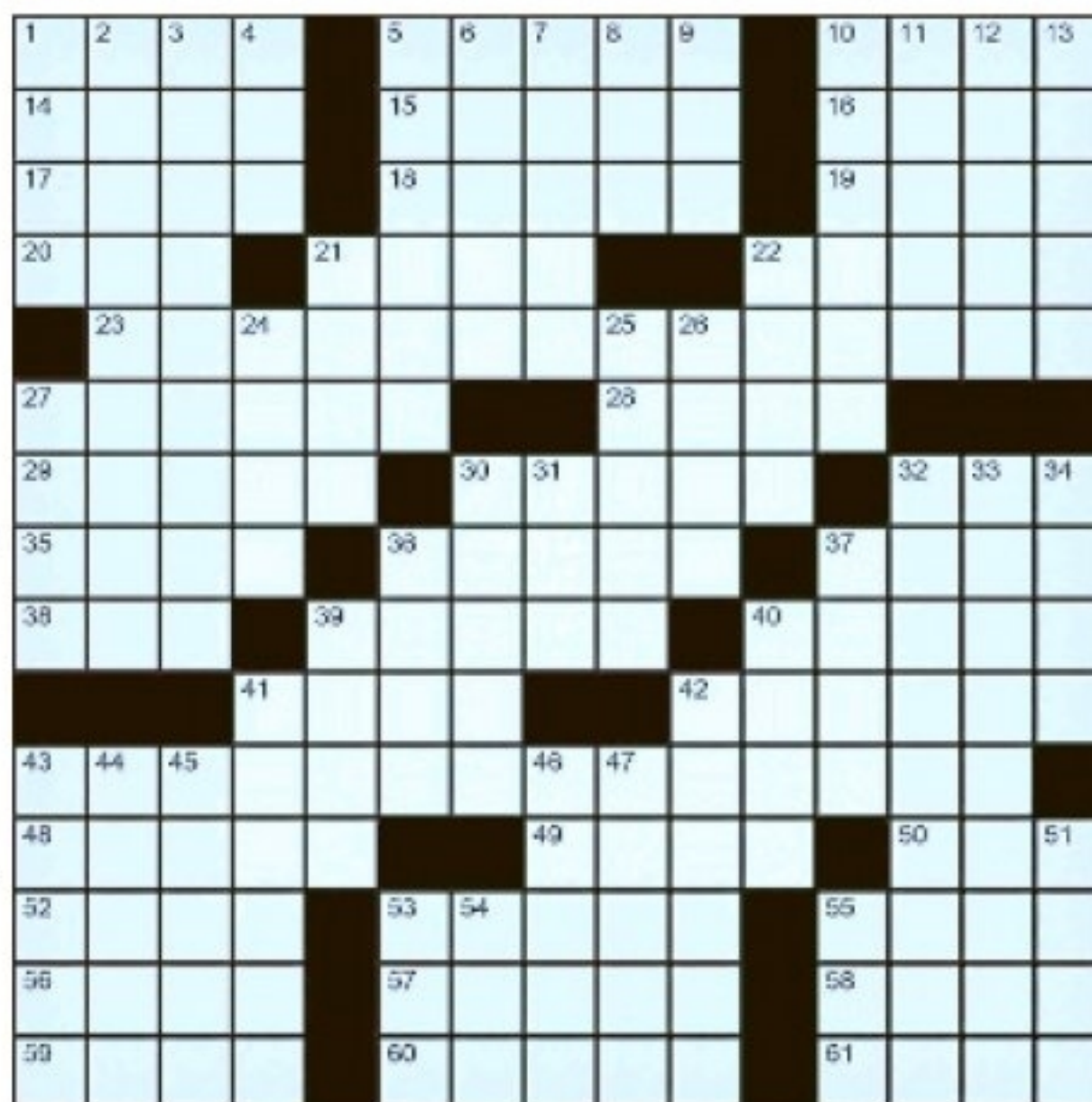
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

- Twain-of-tunes' trophies, tiny-ly
- Arlene and Roald
- Web letter category
- Nectar-y necklaces
- The \_\_ (Diner's daily order)
- Yarn
- French 101 verb
- \_\_ journalism (Reporting style popularized by Hunter S. Thompson)
- Up to the task
- URL's helpful area
- Capital of Greenland
- "Sky \_\_" by Eric Burdon & The Animals
- Recreational community of northwest Saskatchewan between Churchill Lake and Little Peter Pond Lake: 2 wds.
- Sheep's coat characteristic
- Stevie Wonder's " \_\_ Made to Love Her"
- High: Latin
- Danny \_\_ (Season 8 "American Idol" top three finalist in 2009)
- Belonging to Winnipeg's prov.
- Contends
- Jimmies
- #50-Across' casual opposite
- "Layla" singer's initials-sharers
- Drills and crowbars
- \_\_ Rica
- Phonetic alphabet's last letter
- Melting snow's state



- Shots taken at the commencement of fitness overhauls: 2 wds.
- Food-preparer's wear
- Concrete hunk
- "Uh-uh."
- Sonic sound
- Prefix with 'con-

- in Inuktitut
- Edge tool
- Grinding tooth
- Becomes
- Visionary
- Magical being in a John Keats 'Song'
- Industrial city

in Russia

**DOWN**

- Music staff symbol
- BMR = Basal \_\_ Rate (Resting body's calories-burning expenditure)
- Speaker's fin-

- gers-created marks indicating irony or sarcasm: 2 wds.
- Opposite NNW
- Sudbury-born hockey great Ron
- Nary \_\_ (Nobody)
- Elvis: "A Big \_\_ ' Love"
- \_\_-Boy (Reclin-

- ers brand)
- \_\_-mo replay
- Tiered steps
- Mr. Picasso
- Grant
- Track events
- Belonging to the Dallas Cowboys org.
- Hope the heavens will hear
- Wintertime wellness woes
- Brand name running shoes
- Venerations
- Surfer's need
- Band
- Vinegar's salad pal
- Courier
- They create a spa-like experience: 2 wds.
- Single-horse carriage
- South \_\_
- Elton: " \_\_ Song"
- Swivel
- Health \_\_
- 45-plus-people Canadian magazine
- 1889 Vincent van Gogh painting, The \_\_ Night
- Rum cakes
- Lyric/poem
- Did this in the sub-zero weather
- Basketry fibre
- Well-defined
- Shed the corn's shell
- Global currency org.
- Q. "Does 'B' come first?" A. " \_\_ ' ' does."
- OneRepublic's "Wherever \_\_"

## IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Because you make such a good impression on bosses, ask for what you want. They might say "no" — but then again, they might say "yes."

**Taurus** April 21 - May 21  
Travel plans appeal to you now, because you need a change of scenery. Do whatever you can to get out of town, even if it's just a short trip.

**Gemini** May 22 - June 21  
It's time to address red-tape details that we like to avoid. Get out those boring-looking papers and wrap up loose ends with taxes, debt, inheritances and insurance issues.

**Cancer** June 22 - July 23  
Remember to get more sleep this month. Some of you have felt increased tension from encountering ex-partners.

**Leo** July 24 - Aug. 23  
Continue to do whatever you can that makes you feel on top of your game. Make lists. Get up early. Try to be efficient and productive, because this is what will please you.

**Virgo** Aug. 24 - Sept. 23  
This is a playful time! Lucky Virgos are on vacation. Perhaps you can be a tourist in your own city? The bottom line is to have fun and enjoy yourself.

**Libra** Sept. 24 - Oct. 23  
Grab every opportunity to cocoon at home, because you need to buffer yourself from the busy world around you. Of course, your work continues to make demands of you.

**Scorpio** Oct. 24 - Nov. 22  
You have a strong sense of wanting to talk to others or enlighten someone about something. This influence will help those of you who sell, market, teach, act or write.

**Sagittarius** Nov. 23 - Dec. 21  
You're giving lots of thought to your earnings now, because you need the money in order to follow through on your plans. Many of you are renovating and redecorating where you live.

**Capricorn** Dec. 22 - Jan. 20  
This is a strong time for you, which is why you need to make the most of it. Use the important contacts that come your way to push your own agenda forward.

**Aquarius** Jan. 21 - Feb. 19  
Although you want to work behind the scenes and keep a low profile, you are focused on money and cash flow right now. Some kind of research will pay off.

**Pisces** Feb. 20 - March 20  
This is a popular time for you. Accept this and enjoy the company of others. In fact, your interactions with others will benefit you.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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